

USAM SWIM TEAM

RECORDS

Yards-Female

8 & U	25 Free	14.17	6-Dec-99	USAM- AD	LORI IWANOWICZ
	50 Free	31.46	7-Mar-99	USAM- AD	LORI IWANOWICZ
	100 Free	1:09.89	20-Feb-99	USAM- AD	LORI IWANOWICZ
	200 Free	2:49.68	12-Feb-15	USAM- AD	Raegan O'Brien at USAM VS AJCC DUAL
	25 Back	18.56	6-Dec-99	USAM- AD	KARA ZEBROWSKI
	50 Back	39.11	4-Mar-00	USAM- AD	KARA ZEBROWSKI at AD DEV. CHAMPIONSHIP
	100 Back	1:38.26	21-Feb-15	USAM- AD	Raegan O'Brien at Cabin Fever Invitational
	200 Back	3:31.29	* 15-Dec-19	USAM	Addison M. MacLeod at Piranha's December Distance Invite
	200 Back	3:31.29	* 15-Dec-19	USAM- AD	Addison M. MacLeod at Piranha's December Distance Invite
	25 Breast	19.32	6-Dec-99	USAM- AD	LORI IWANOWICZ
	50 Breast	42.78	9-Jan-00	USAM- AD	LORI IWANOWICZ
	100 Breast	2:21.04	3-Nov-19	USAM- AD	Addison M. MacLeod at IM-Xtremely Spooked
	200 Breast	4:39.38	* 15-Dec-19	USAM	Addison M. MacLeod at Piranha's December Distance Invite
	200 Breast	4:39.38	* 15-Dec-19	USAM- AD	Addison M. MacLeod at Piranha's December Distance Invite
	25 Fly	17.56	20-Feb-99	USAM- AD	KARA ZEBROWSKI
	50 Fly	36.41	4-Mar-00	USAM- AD	KARA ZEBROWSKI at AD DEV. CHAMPIONSHIP
	100 Fly	10:00.00	1-Sep-19		
	100 IM	1:25.57	4-Mar-00	USAM- AD	KARA ZEBROWSKI at AD DEV. CHAMPIONSHIP
	200 IM	4:01.27	3-Nov-19	USAM- AD	Addison M. MacLeod at IM-Xtremely Spooked
	9-10	50 Free	31.09	12-Mar-17	USAM- AD
100 Free		1:01.85	4-Jan-02	USAM- AD	LORI IWANOWICZ
200 Free		2:22.78	6-Jan-02	USAM- AD	KARA ZEBROWSKI
500 Free		6:31.90	6-Mar-16	USAM- AD	Mikaleigh M. Hughes at Adirondack Short Course Championships
50 Back		33.35	5-Jan-02	USAM- AD	KARA ZEBROWSKI
100 Back		1:11.46	6-Jan-02	USAM- AD	KARA ZEBROWSKI
200 Back		2:39.86	20-Dec-15	USAM- AD	Mikaleigh M. Hughes at Piranhas December Distance Invite
50 Breast		39.09	21-Mar-92	USAM- AD	ALLISON GEER
100 Breast		1:25.83	5-Jan-02	USAM- AD	LORI IWANOWICZ
200 Breast		3:27.97	10-Dec-17	USAM- AD	Charlize J. DeLair at Piranha's December Distance Invite
50 Fly		31.45	6-Jan-02	USAM- AD	KARA ZEBROWSKI
100 Fly		1:15.40	5-Jan-02	USAM- AD	KARA ZEBROWSKI
200 Fly		8:00.00	1-Dec-18		
100 IM		1:11.82	5-Jan-02	USAM- AD	KARA ZEBROWSKI
200 IM		2:40.68	4-Jan-02	USAM- AD	KARA ZEBROWSKI
400 IM		6:36.62	11-Jan-14	USAM- AD	Willa A. Werwaiss at Chris Goody IMX Challenge
11-12	50 Free	25.80	17-Mar-96	USAM- AD	ALLISON GEER
	100 Free	57.34	18-Mar-94	USAM- AD	ALLISON GEER
	200 Free	2:07.49	18-Mar-94	USAM- AD	ALLISON GEER
	500 Free	5:48.01	6-Mar-16	USAM- AD	Willa A. Werwaiss at Adirondack Short Course Championships
	1000 Free	12:42.66	24-Feb-18	USAM- AD	Maeve E. McDermott at 2018 Blizzard on the Blocks
	1650 Free	35:00.00	16-Mar-26	USAM- AD	
	50 Back	30.14	27-Feb-26	USAM- AD	Annie Liu at AD 12 and Under Gold Championships
	100 Back	1:02.28	12-Mar-26	USAM- AD	Annie Liu at AD 13 and Over Gold Championships
	200 Back	2:13.80	12-Mar-26	USAM- AD	Annie Liu at AD 13 and Over Gold Championships
	50 Breast	36.51	25-Oct-03	USAM- AD	LORI A. IWANOWICZ at Trick or Treat Meet
	100 Breast	1:16.86	27-Feb-26	USAM- AD	Annie Liu at AD 12 and Under Gold Championships
	200 Breast	2:43.63	12-Mar-26	USAM- AD	Annie Liu at AD 13 and Over Gold Championships
	50 Fly	29.80	18-Mar-94	USAM- AD	ALLISON GEER

USAM SWIM TEAM

RECORDS

11-12	100 Fly	1:07.75	19-Mar-10	USAM- AD	Zoe M. Vadney at AD Gold Short Course Championships
	200 Fly	2:38.87	27-Feb-26	USAM- AD	Annie Liu at AD 12 and Under Gold Championships
	100 IM	1:06.49	18-Mar-94	USAM- AD	ALLISON GEER
	200 IM	2:23.93	27-Feb-26	USAM- AD	Annie Liu at AD 12 and Under Gold Championships
	400 IM	5:14.82	15-Nov-25	USAM- AD	Annie Liu at 2025 Starfish Thankswimming Invite
13-14	50 Free	25.90	17-Feb-23	USAM- AD	Angelina M. MacLeod at 2023 Region 1 Short Course Invitational
	100 Free	53.78	29-Mar-96	USAM- AD	ALLISON GEER
	200 Free	1:58.25	3-Nov-23	USAM- AD	Angelina M. MacLeod at Girls Section 2 Division 1 Championships
	500 Free	5:19.11	7-Dec-23	USAM- AD	Angelina M. MacLeod at 33rd Annual Winter Championships
	1000 Free	10:57.73	29-Mar-23	USAM- AD	Angelina M. MacLeod at 2023 Eastern Zone SC Age Group Champion
	1650 Free	18:13.91	29-Mar-23	USAM- AD	Angelina M. MacLeod at 2023 Eastern Zone SC Age Group Champion
	100 Back	1:00.85	16-Jul-21	USAM- AD	Raegan O'Brien at July Trials/Finals
	200 Back	2:12.51	10-Mar-19	USAM- AD	Maddie Norton at Adirondack Gold Short Course Championships
	100 Breast	1:12.23	9-Mar-23	USAM- AD	Angelina M. MacLeod at Adirondack Gold Short Course Championsh
	200 Breast	2:34.33	13-Jan-24	USAM- AD	Angelina M. MacLeod at Chris Goody IMX Challenge
	100 Fly	1:06.22	7-Mar-24	USAM- AD	May Dunbar at Adirondack Gold Short Course Championships
	200 Fly	2:26.32	2-Mar-24	USAM- AD	Georgia B. Dunbar at AD Silver Short Course Championships
	200 IM	2:18.09	9-Mar-23	USAM- AD	Angelina M. MacLeod at Adirondack Gold Short Course Championsh
	400 IM	4:49.54	7-Dec-23	USAM- AD	Angelina M. MacLeod at 33rd Annual Winter Championships
	15-18	50 Free	24.97	12-Feb-16	USAM- AD
100 Free		53.66	6-Mar-16	USAM- AD	Maya A. Thompson at Adirondack Short Course Championsh
200 Free		1:55.62	17-Feb-23	USAM- AD	Raegan O'Brien at 2023 Region 1 Short Course Invitational
500 Free		5:09.77	21-Nov-25	USAM- AD	Angelina M. MacLeod at NYSPHSAA Swim & Dive Championships (G
1000 Free		10:56.59	11-Dec-25	USAM- AD	Angelina M. MacLeod at 35th Annual Winter Championships
1650 Free		18:17.08	7-Mar-24	USAM- AD	Angelina M. MacLeod at Adirondack Gold Short Course Championsh
100 Back		58.16	17-Feb-23	USAM- AD	Raegan O'Brien at 2023 Region 1 Short Course Invitational
200 Back		2:05.93	17-Feb-23	USAM- AD	Raegan O'Brien at 2023 Region 1 Short Course Invitational
100 Breast		1:11.44	8-Mar-15	USAM- AD	Zoe M. Vadney at AD Gold Short Course Championships
200 Breast		2:31.29	7-Mar-24	USAM- AD	Angelina M. MacLeod at Adirondack Gold Short Course Championsh
100 Fly		58.80	17-Mar-96	USAM- AD	ANDREA KAZANJIAN
200 Fly		2:15.80	8-Mar-15	USAM- AD	Zoe M. Vadney at AD Gold Short Course Championships
200 IM		2:12.28	9-Mar-23	USAM- AD	Raegan O'Brien at Adirondack Gold Short Course Championships
400 IM		4:40.36	9-Mar-23	USAM- AD	Raegan O'Brien at Adirondack Gold Short Course Championships

USAM SWIM TEAM

RECORDS

Yards-Male

8 & U	25 Free	15.75	28-May-92	USAM- AD	BEN ADAMS	
	50 Free	34.19	18-Apr-92	USAM- AD	BOBBY CROW	
	100 Free	1:18.49	1-Mar-98	USAM- AD	ALEX BRINGSJORD	
	200 Free	3:18.10	12-Jan-19	USAM- AD	Jude C. Jerome at Chris Goody IMX Challenge	
	25 Back	19.04	14-Mar-92	USAM- AD	BOBBY CROW	
	50 Back	41.64	9-Jul-19	USAM- AD	Jude C. Jerome at USAM vs Knolls	
	100 Back	1:46.39	27-Oct-18	USAM- AD	Jude C. Jerome at IM-Xtremely Spooked	
	200 Back	10:00.00	1-Sep-19			
	25 Breast	19.02	17-Nov-85	USAM- AD	ERIC QUINLAN	
	50 Breast	41.25	18-Jul-92	USAM- AD	BOBBY CROW	
	100 Breast	2:08.53	12-Jan-19	USAM- AD	Jude C. Jerome at Chris Goody IMX Challenge	
	200 Breast	10:00.00	1-Sep-19			
	25 Fly	16.44	17-Nov-85	USAM- AD	ERIC QUINLAN	
	50 Fly	44.14	1-Mar-98	USAM- AD	ALEX BRINGSJORD	
	100 Fly	10:00.00	1-Sep-19			
	100 IM	1:24.10	18-Jul-92	USAM- AD	BOBBY CROW	
	200 IM	60:00.00	1-Sep-19			
	9-10	50 Free	29.24	31-Jul-19	USAM- AD	Christian V. Jerome at 2019 Suburban League Championships
		100 Free	1:06.20	7-Oct-94	USAM- AD	BOBBY CROW
		200 Free	2:23.14	12-Mar-94	USAM- AD	BOBBY CROW
500 Free		6:26.31	27-Feb-26	USAM- AD	Cavan Clark at AD 12 and Under Gold Championships	
50 Back		34.31	30-Mar-22	USAM- AD	JT Campbell at 2022 Eastern Zone SC Age Group Championships	
100 Back		1:15.22	1-Feb-26	USAM- AD	Cavan Clark at Delmar Dolphins February Freeze	
200 Back		2:42.68	21-Dec-25	USAM- AD	Cavan Clark at Piranha's December Distance Invite	
50 Breast		36.54	16-Jul-94	USAM- AD	BOBBY CROW	
100 Breast		1:18.54	16-Jul-94	USAM- AD	BOBBY CROW	
200 Breast		3:10.30	21-Dec-25	USAM- AD	Cavan Clark at Piranha's December Distance Invite	
50 Fly		31.19	31-Jul-19	USAM- AD	Christian V. Jerome at 2019 Suburban League Championships	
100 Fly		1:16.90	10-Mar-19	USAM- AD	Christian V. Jerome at Adirondack Gold Short Course Championship	
200 Fly		2:56.13	9-Dec-18	USAM- AD	Christian V. Jerome at Piranha's December Distance Invite	
100 IM		1:14.00	31-Jul-19	USAM- AD	Christian V. Jerome at 2019 Suburban League Championships	
200 IM		2:42.97	10-Mar-19	USAM- AD	Christian V. Jerome at Adirondack Gold Short Course Championship	
400 IM		6:17.59	9-Dec-18	USAM- AD	Christian V. Jerome at Piranha's December Distance Invite	
11-12		50 Free	24.44	6-Jun-21	USAM- AD	Christian V. Jerome at NDAC Jun 2021 Time Trial
		100 Free	54.11	20-Mar-21	USAM- AD	Christian V. Jerome at Delmar Dolphins March Madness
		200 Free	1:57.39	22-May-21	USAM- AD	Christian V. Jerome at Dolmar Dolphins May Time Trials
		500 Free	5:20.76	27-Feb-26	USAM- AD	James Clark at AD 12 and Under Gold Championships
	1000 Free	10:53.78	24-Jul-21	USAM- AD	Christian V. Jerome at July Time Trials	
	1650 Free	18:34.15	12-Mar-26	USAM	James Clark at AD 13 and Over Gold Championships	
	50 Back	29.62	16-Jul-21	USAM- AD	Christian V. Jerome at July Trials/Finals	
	100 Back	1:02.56	6-Jun-21	USAM- AD	Christian V. Jerome at NDAC Jun 2021 Time Trial	
	200 Back	2:16.72	16-Jul-21	USAM- AD	Christian V. Jerome at July Trials/Finals	
	50 Breast	32.04	30-Mar-22	USAM- AD	Rocco S. Jabour at 2022 Eastern Zone SC Age Group Championships	
	100 Breast	1:11.57	12-Mar-26	USAM- AD	James Clark at AD 13 and Over Gold Championships	
	200 Breast	2:35.23	8-Dec-22	USAM- AD	Kayden J. Mowry at 32nd Annual Speedo Winter Championships	
	50 Fly	25.42	24-Jul-21	USAM- AD	Christian V. Jerome at July Time Trials	
	100 Fly	56.38	16-Jul-21	USAM- AD	Christian V. Jerome at July Trials/Finals	
	200 Fly	2:05.19	24-Jul-21	USAM- AD	Christian V. Jerome at July Time Trials	

USAM SWIM TEAM

RECORDS

11-12	100 IM	1:02.29	6-Jul-23	USAM- AD	Kayden J. Mowry at Schenectady vs USAM vs Jellyfish
	200 IM	2:15.07	16-Jul-21	USAM- AD	Christian V. Jerome at July Trials/Finals
	400 IM	5:02.35	18-Dec-22	USAM- AD	Kayden J. Mowry at Piranha's December Distance Invite
13-14	50 Free	21.96	29-Mar-23	USAM- AD	Christian V. Jerome at 2023 Eastern Zone SC Age Group Championsl
	100 Free	47.11	29-Mar-23	USAM- AD	Christian V. Jerome at 2023 Eastern Zone SC Age Group Championsl
	200 Free	1:45.76	7-Mar-25	USAM- AD	Kayden J. Mowry at 2025 NYSPHSAA Federation Championships Bo
	500 Free	4:50.89	16-Feb-23	USAM- AD	Christian V. Jerome at Boys Section 2 Division 2 Championships
	1000 Free	10:43.98	10-Mar-22	USAM- AD	Christian V. Jerome at Adirondack Gold Short Course Champio
	1650 Free	17:36.70	9-Mar-23	USAM- AD	Christian V. Jerome at Adirondack Gold Short Course Championship
	100 Back	57.43	13-Mar-25	USAM- AD	Kayden J. Mowry at Adirondack Gold Short Course Championships
	200 Back	2:03.52	12-Mar-26	USAM- AD	Harris J. Lisella at AD 13 and Over Gold Championships
	100 Breast	1:00.89	12-Apr-24	USAM- AD	Rocco S. Jabour at 2024 Boys & Girls Clubs National Swim Champs
	200 Breast	2:13.81	12-Apr-24	USAM- AD	Rocco S. Jabour at 2024 Boys & Girls Clubs National Swim Champs
	100 Fly	50.09	3-Mar-23	USAM- AD	Christian V. Jerome at 2023 NYSPHSAA Federation Championships
	200 Fly	1:55.08	29-Mar-23	USAM- AD	Christian V. Jerome at 2023 Eastern Zone SC Age Group Championsl
	200 IM	2:01.67	13-Mar-25	USAM- AD	Kayden J. Mowry at Adirondack Gold Short Course Championships
	400 IM	4:22.81	9-Mar-23	USAM- AD	Christian V. Jerome at Adirondack Gold Short Course Championship
15-18	50 Free	20.77	12-Mar-26	USAM- AD	Christian V. Jerome at AD 13 and Over Gold Championships
	100 Free	45.04	12-Mar-26	USAM- AD	Christian V. Jerome at AD 13 and Over Gold Championships
	200 Free	1:40.71	12-Mar-26	USAM- AD	Christian V. Jerome at AD 13 and Over Gold Championships
	500 Free	4:42.30	12-Mar-26	USAM- AD	Christian V. Jerome at AD 13 and Over Gold Championships
	1000 Free	10:14.29	13-Jan-26	USAM- AD	Christian Jerome USAM New Years Splash Bash 2026
	1650 Free	17:02.42	12-Mar-26	USAM- AD	James Gerace at AD 13 and Over Gold Championships
	100 Back	54.41	11-Dec-25	USAM- AD	Christian V. Jerome at 35th Annual Winter Championships
	200 Back	1:57.08	9-Jan-26	USAM- AD	Christian V. Jerome at 2026 Starfish Trophy Invitational
	100 Breast	1:00.15	7-Mar-25	USAM- AD	Rocco S. Jabour at 2025 NYSPHSAA Federation Championships Boy
	200 Breast	2:12.64	13-Mar-25	USAM- AD	Rocco S. Jabour at Adirondack Gold Short Course Championships
	100 Fly	47.85	6-Mar-26	USAM- AD	Christian V. Jerome at 2026 NYSPHSAA Federation Championships
	200 Fly	1:49.25	12-Mar-26	USAM- AD	Christian V. Jerome at AD 13 and Over Gold Championships
	200 IM	1:57.13	1-Nov-24	USAM- AD	Christian V. Jerome at Trick or Treat
	400 IM	4:07.32	13-Mar-25	USAM- AD	Christian V. Jerome at Adirondack Gold Short Course Championship